

Hydration & Your Skin

- 1. Is it true that the body loses more water over night and that it restores fluids better by eating fruits and vegetables with high fluid content than by drinking water because it stays longer in the system? If so, could you please explain that phenomena?**

Studies have shown that your body does tend to lose more water overnight then during the day, but that can vary from person to person based on activity and diet.

We've all heard hundreds of times that we should drink eight, 8 oz glasses of water per day to maintain an optimal level of hydration. Yet, there is little scientific evidence for this advice and for most people, more water just means more trips to the bathroom. Not only is this a waste of time, the constant flushing of water through your body can mean a loss of vital minerals as well. In fact, we did a recent study in my practice that suggests that those who drink more water are less hydrated than those who are getting their water through food. Raw fruits and vegetable, will not only help your body hold onto water longer because the water is in the structure of the food and thus released more slowly, you'll get the added boost of important antioxidants, fiber and other nutrients.

- 2. Which foods or nutrients should I eat before going to bed so that the skin can get rejuvenated?**

Again, I suggest eating water-rich foods prior to bedtime. You can set the stage for glowing morning skin at dinner. When you eat water-rich foods for dinner, you will sleep better and wake up feeling more energized than you would if you had a high fat, high alcohol meal prior to bedtime. Prepare a fresh salad alongside a salmon fillet, which is more than 60 percent water and rich in omega-3 fatty acids, and your skin will thank you. Chicken, beans and pasta are also great choices, but watch sodium content and fatty dressings, which dehydrate skin. By choosing antioxidant-rich foods with high water content, you're increasing your body's capacity to heal itself.

- 3. Which role does sleep play in losing or gaining weight? How many hours per night are ideal?**

Sleep plays a very important part in your overall health, including maintaining a healthy weight. Lack of sleep can absolutely lead to weight gain. When you are tired you are more likely to eat more and choose unhealthy foods and less likely to exercise and make healthy lifestyle choices. Hormones also play an important role in this—Leptin is the hormone that tells you to stop eating, and when you are sleep deprived, you have less leptin so you end up eating more. Lack of sleep can also slow down your metabolism so not only are you eating more, but your metabolism is lower. The standard is that people should get 7-8 hours of sleep per night, but again that varies from person to person and depends on stress and level of activity.